Lotus Blossoms

A Guide for Chakra Balancing and Beyond

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Dedicated to my sister Anne.
May she receive all the Light
That she can.

With special thanks to all those who aided
in the manifestation of this little book.

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Introduction

Do what thou wilt shall be the whole of the law.

In the fall of '94 I was travelling in the interior of BC. Early one morning I stopped to have breakfast in a local cafe in Kelowna, BC. I began to sense a shift in my Body of Light, was drawn immediately into trance and received instructions to return home, pack only what I needed and move to Kelowna. I continued my travels for two weeks and upon my return packed and moved to Kelowna.

Two days after my arrival I was in a local metaphysical bookstore when I met a person working there who was very interested in Magick. After a lengthy conversation, this person invited me to his home where I met his roommate John Wilkes. There was definitely a silent recognition between John and myself that we were brothers with deep links from earlier incarnations. Over the next six weeks John and I began to experience great shifts in energy when we worked Magick. I began to notice that John in fact could naturally shift his Body of Light and knew that John was a Rainbow Warrior.

In Lotus Blossoms John presents to the seeker of Truth one of many doorways by which a person may come to know that unknown crown. The Chakras are centres of infinite energy with the possibilities of awakening the Truth within each seeker. John Wilkes has given to the seeker keys to unlock these doors. I find Lotus Blossoms to be highly informative for both the novice and the more experienced. A breath of fresh air for any personal library.

Love is the law, love under will.

Sir Balyn
Warrior-Shaman

CHAPTER I

Recognizing and Understanding Chakras

Welcome to the wonderful, mystical, energetic world of the Chakra System. The meditation techniques that will be described in this book aren't for everyone. There are those skeptics that will stoutly say that they don't work (without even trying them). But if you have an open mind, and are willing to accept a concept of energy as being a very important part of our bodies and Universe, then I hope these techniques will help you.

Remember the Chakras have been known and worked with for many thousands of years in many of the ancient cultures of our past, and are still being worked with by many people influenced by Eastern Mysticism. All of that experience and proof cannot be wrong.

Chakra is a Sanskrit (ancient India) word that means wheel or axis, and has been described as a spinning wheel like vortex. As the Universal energy comes into our bodies, it splits into three specific types of energy as it leaves the perineum, (which is located between the anus and genital areas) and when they reconnect with each other (at seven points, rising up the body) a spinning wheel like vortex is created and is called a Chakra.

Of the three types of energy that rise from the perineum, the middle pillar of energy is called the Sushumna (through which the Kundalini Energy rises). The energy that starts on the right side of the body is receptive energy called Ida (which means Moon and is Feminine), and the energy that starts on the left side of the

body is projective energy called Pingala (which means Sun and is Masculine).

As the energy moves up the body, the Sushumna moves straight up the spine, and Ida and Pingala move from side to side crisscrossing the Sushumna at six points along the spine. Then energy then reconnects with the Sushumna at the Crown Chakra located at the top of the head. Also, as the energy rises, the frequency of the energy rises, starting with the hot primal red and ending with the cool exalted orchid.

This gives us the seven main points where the energy joins in the human body, each with its own specific energy frequency. The energy enters in the back of the Chakra and exits through the front of the Chakra, (thus creating the energy vortex and travels up through the physical and energy body. When this Chakra vortex is seen from straight on, it resembles a Lotus Flower. The amount of petals of the on the Lotus flower depends on the Chakra in question, and also varies between different systems. With this system the amounts will be 2, 4, 8, 16, 32, 64 and 128.

The First Chakra is located at the base of the spine and is called the Root Chakra, and the energy radiates from the sexual organs. Also the three columns of energy that radiate from the Perineum are stimulated from this Chakra. This Chakra is called the Root Chakra as its function is grounding and basic survival. The colour of this Lotus flower is red and has two petals. Since this is a grounding Chakra, you should have a sense of stable stillness, or of a firm calmness when this Chakra is operating properly. Other body parts that are associated

with this Chakra are the large intestines, legs (hips to feet) bones and the sexual organs. The physical sense attributed to this Chakra is the sense of smell. If this Chakra isn't functioning properly, then problems such as hemorrhoids, constipation, or frequent illnesses could occur. Since the energy of this Lotus flower is your main basic survival, and grounding Chakra it is attributed to the element of Earth. Also since its energies stimulate your basic instincts (which are primal raw sexual energies) then when it is opened fully and the Kundalini energies are radiating outwards (up the spine) you can seriously affect other people's subconscious. As the Kundalini is directly connected to the Sexual energy centres of a person's body then it would take little imagination to guess at the consequences. If two people are aware and in control of their energies, it could be a truly explosive experience when they join with each other. Other attributions of this Chakra are the Tarot suit of Disks, the metal is silver and the Yoga path is Hatha Yoga.

The Second Chakra is the Reproductive Chakra and is located in the abdominal cavity of the body and whose energies radiate from the Adrenal glands and Reproductive organs. The colour of this Lotus flower is orange and it has four petals. The elemental attribution is water, so its function will be of a watery nature, such as your desires, pleasures, sexuality (balancing of your Male and Female energies), of reproduction and emotional sexuality. Also the body parts, which operate in a watery nature and are in the abdominal area, are controlled by this Chakra. Such as the ovaries, testicles, womb, kidneys, bladder and circulatory system. If this Chakra isn't operating properly then problems such as impotence, frigidity or uterine/bladder trouble could occur. The

physical sense attributed to this Chakra is the sense of taste, and the inner state is manifested as tears, with the outer state as liquid. Other attributions to this Chakra are the Tarot suit of cups, the metals are mercury and copper and the Yoga path is Tantric Yoga. Also the chief operating force of this Chakra is the attraction of opposites.
Once this Chakra is in balance, your emotions and sexuality will be under your control. Also you will be able to meet people and make new friends more easily. You will also find that you have a new willingness to help those in need.

The Third Chakra is called the Solar Plexus Chakra and is located in the Thymus gland of the Solar Plexus area. Also it is attributed to the Pancreas and Adrenal glands in the area from the navel to the Solar Plexus. The colour of this Lotus flower is yellow and it has eight petals. The main function of this Chakra is for your Personal Power and for your Will Power. The elemental attribution is fire, with the inner state manifesting as laughter, anger, joy and self-confidence. The outer state is manifested as Plasma, which is the clear to yellowish fluid portion of the blood. The main body parts attributed to this Chakra are the digestive system and the muscles of the whole body. If this Chakra is not functioning properly, then problems such as ulcers, diabetes or hyperglycemia could occur. Other attributions to this Chakra is the Tarot suit of wands, the metal is gold, the Yoga path is Karma Yoga, and the main operating force is combustion. Once this Chakra is balanced, then your self-confidence will be overflowing in a positive way and your personal power will be in an abundant supply. Also this is the Chakral area that Don Juan Matus (who taught the Yaqui Indian Mysticism to Carlos Castaneda) stated that all of our

personal power radiates in and out from. So to affect or change the realm of existence that we are in, will be done by concentrating our energy in this area and sending it out from here for our desired effects.

The Fourth Chakra is called the Heart Chakra whose energy radiates out from the Heart. This Lotus flower is the colour green, has sixteen petals and the main operating force is naturally LOVE. Other body parts that are affected by this Chakra are the lungs, arms and hands. Typical problems associated with this Chakra (when this Chakra is malfunctioning) are asthma, high blood pressure and stress, heart disease and lung disease. The inner state associated with this Chakra is compassion and love, while the outer state is manifested as gas. Other attributions of this Chakra are; the element of air the Tarot suit of swords, the metals are iron, tin and gold. The main operating force is equilibrium the physical sense is touch and the Yoga path is Shakti Yoga. Once this Chakra is balanced and operating at peak proficiency, you should feel more love, not only for yourself and others, but also for whatever you are doing. Also relationships will be easier to start and you will have general feeling of balance, affinity and unity with the Universe around you. Also your breathing and circulatory system will improve which will allow the Universal Healing energies to be greatly enhanced within your physical body.

This ends the descriptions of the lower Chakras whose energies manifest as physical characteristics in elements and senses. The final three Chakras evolve into pure energy characteristics.

The differences between the lower Chakral energies and the higher energies can be seen distinctly in the colours of the Chakral energies. The energies start out red in the first Chakra and lighten in the next two Chakras as the red energy is cooled (allowing the yellow to emerge). Then at the fourth Chakra (which is the middle Chakra), ultra violet energy is added (ultra violet light is the highest light of the light spectrum visible to the human eye and has long been associated with the Godhead source), to give the colour green (blue added to yellow makes green). The ultra violet energy continues to be added in the following Chakras until the orchid is reached.

The Fifth Chakra is called the Throat Chakra. This Lotus flower is blue in colour, and has thirty-two petals. It is located in the throat and its energies radiate out from the Thyroid gland. The Throat Chakra is also attributed strongly to the Parathyroid gland in the throat. Other body parts associated with this Chakra are the neck, shoulders, arms hands, and ears. If this Chakra is malfunctioning , then problems such as sore throats, stiff necks, colds, thyroid problems, hearing problems and weight problems could occur. The element attributed to this Chakra is sound, with the physical sense of hearing. The inner state is manifested as the combining of ideas into symbols, and the outer sense is a manifestation of vibrations. The main function of this Chakra is for communication and creativity, with the main operating quality as sympathetic vibration. Other attributions of this Chakra are all the Tarot Court Cards, the Yoga path is Mantra Yoga, with the metal being meteorites. Once this Chakra is balanced and operating at its peak ability, your creativity and communication skills will improve. Also this is the first

Chakra directly connected to psychic abilities, and is attributed to telepathy.

The Sixth Chakra is called the Third Eye Chakra and is located at the forehead, between the eyes and approximately one finger width above the eyebrows. The energies from this Chakra radiate out from the Pineal gland (which is located in the geographical centre of the brain). This Chakra is called the third eye because the Pineal gland is connected to the retinas by way of the Optic nerves. The Pineal gland is also stimulated by the presence or absence of light on the eyes, and has been found to produce its three hormones in larger quantities when there is no light shining on the eyes (so meditation is great for this Chakra). Of the hormones produced by the Pineal gland, Melatonin has been found to increase a person's general health, Serotonin increases the electrical impulses between the left and right hemispheres of the brain (and is speculated to increase psychism), with Adrenoglomerulotropin being the third hormone produced by the Pineal gland. This hormone is an adrenaline hormone, which is secreted directly into the blood stream and helps to maintain a proper balance of electrolytes and plasma in the blood. This helps to maintain physical health and aids in the transmission of the electrical energies of the human body. This Lotus flower has sixty-four petals and is the colour indigo. The function of this Chakra is for psychic awareness, intuition and seeing (as differentiated from just looking at something). The element attributed to this Chakra is light; the inner state is manifested as images, while the outer state is manifested as psychism. Other body parts associated with Chakra are the eyes and the intuitive part of the brain. If this Chakra malfunctioning, problems such as blindness, headaches,

nightmares, blurred vision or eyestrain could occur. Although with headaches, when you are stimulating the Pineal Chakra you will feel pressure in your forehead and above your eyes as this Chakra is expanding. These headaches will ease in intensity as you work with this Chakra. Other attributions to this Chakra are the metal lead and all the Tarot Trumps, with the Yoga path being Yantra Yoga. Once this Chakra is balanced and operating at its peak proficiency, then your visualization and imagination will be greatly improved. Also you will be able to better SEE what you are looking at, and your psychic, clairvoyant and intuitive abilities will grow in leaps and bounds.

The Seventh Chakra that we will be discussing is called the Crown Chakra and is located in the Pituitary gland. The Pituitary gland is located in the cranial cavity below the Pineal gland but its energies radiate upwards forming a crown shaped Lotus flower on top of the head. This Lotus flower has one hundred-twenty-eight petals and is orchid in colour. The Crown Chakra is our direct connection to the Divine Godhead energies that manifested our universe. Other body parts associated with this Chakra are the Cerebral cortex, the central nervous system and the spinal column. If this Chakra is malfunctioning then problems such as depression, confusion, apathy, boredom or the inability to learn or understand could occur. The element associated with this Chakra is thought, with the inner state manifested as information, and the outer state manifested as understanding. Other attributions of this Chakra are all of the Tarot cards, the metal is white gold and the Yoga path is Jnana Yoga. Once this Chakra is balanced and operating at its peak proficiency, then wisdom and knowledge will

be readily available, enlightenment and spirituality will grow, and your consciousness will expand and join with the Universal Consciousness.

When the Chakras are open, the energy flows outwards from the front of the Chakra, upwards to the next Chakra and enters through the back; then exits through the front and continues up until it reaches the Crown Chakra at the top of the head. As the energy is moving up, it automatically joins with the energies of any other Chakra that is open. Once the energy passes the top of the head, it cascades outwards and down and rejoins below the feet. Then the energies re-enters the back of the Chakras and exits through the front flowing upwards to the top of the head again. This energy flow is what creates our Aura, and the more balanced our Chakras energy is, the stronger our Aura is.

Note:
When doing these meditations, first visualize the Chakras in your mind with your eyes closed. Then as you become more in tuned with your Energy body and your perception expands, you will be able to See the Life- force energies in plants, animals, people, etc.

For Some The Light Was One,
For Others The Light Shimmered of So Many Others.
For Those Who Knew and Those Who Could See,
Then Seven Became As One.
For The Body,
Was The Light Of The One,
And Gates Of The Seven Radiated With The Power Of The Sun.
From The Blood Red Primordial Rood,
To An Expanding Orchid Crown,
Explodes A Divine Brilliance.
The Seven Now Became As Gold as The Body Became As One;
And So Wondrous To Behold.

CHAPTER II

Chakra Meditation Technique

First you should set a time for your meditation when you shouldn't be bothered. Just in case, you should turn off/unplug the phone and be as free from outside disturbances as possible. If you are wearing clothing during your meditation, it should fit loosely but if you are able then nude is best. Also if you are using music, it should be on low volume and be of a pleasant meditation style. Incense is also good (and should be a pleasant aroma), and a candle (preferably white), or a picture or anything that might serve as a focus for you to help clear your mind and instill a sense of tranquility is also helpful.

Sit in the Lotus or Semi-Lotus position with your hands on your knees, palms up, thumb and first fingers touching, start to calm your breathing and still your mind. To calm your breathing, inhale for a count of eight (through your nose), then exhale for a count of eight (through your mouth). Keep doing this until it becomes a natural rhythm while also trying to still your mind.

To still your mind, first stop concentrating on every thought that comes into your head. If you think of something, don't try to analyze it or worry where it came from, Just let it pass through and before long you will feel a sense of inner calmness as less and less thoughts get your attention.

You have now stilled your mind and entered into a meditative state.

Note:
If you are having trouble reaching this state then you can use your hands to help you. While you are settling your breathing, bring your hands (palms in) up your sides (to the Solar Plexus area) and as you exhale push the hands (palms out) outwards. Visualize or feel the disrupting energies being pushed out of the body. With your arms still outstretched at the end of exhaling, turn your palms face down and inhale while bringing the hands into your sides. As you are doing this, visualize or feel the cleansing and empowering energies being drawn into your body, filling you with a sense of inner peace and tranquility. Repeat this procedure as many times as necessary. Also remember that each inhale and exhale should be on a count of eight seconds each.

Now that you have reached this state you can begin to balance your Chakras by opening, cleansing and stimulating each Lotus flower in turn.

To Be Away From The Noise,
The Stress, The Bustle,
Where Not Even A Leaf dares To Rustle.
Like A Tranquil Reef,
In A Stormy Sea.
All Thoughts That Come,
Disturbs Not Those that Have Become As One.
With Ebbing Breath and thoughts Of None,
The Path To Serenity will Be Won By Those
Who Have Become as The Tranquil Reef,
Unto Eternity …

CHAPTER III

Opening, Clearing and Balancing Chakra

To open and clean the Chakras, you will be doing them one at a time per day until all seven of the Chakras Centres are balanced. So on the first day you will start with the Root Chakra (a red two petalled Lotus flower), the second day the Reproductive Chakra (orange four petalled Lotus flower), on the third day you will be at the Solar Plexus Chakra (yellow eight petalled Lotus flower), and on to the seventh day when you will be working with the Crown Chakra (orchid 128 petalled Lotus flower). On the eighth night you can start to join all the Chakras together and balance your energy shell (Aura).

* I recommend that you do the meditations for at least one hour (more if needed) per day and for the first two weeks, at the same time every day. Also you should not move on to the next Chakra or stage until you are confident where you are. I have found that the easiest way to time the one-hour is to have a two-hour cassette tape of meditation style music and to just play one side (which is an hour long). *

Once you have reached the meditative state (which is also referred to as the Alpha Brain Wave State) you then visualize the red Chakral energy. If you are having trouble seeing the energy, then try to visualize a red two petalled Lotus flower, or a red apple, or anything else that reminds you of the colour red. When you see the energy, expand it out and around you. If you are having trouble expanding the energy, this means that your Chakra Centre is dirty and blocked.

To clean and open the Lotus flower, you place your power hand (right if right handed, left if left handed) on your back over the Chakra being stimulated, and place your receiving hand on the front of the Chakra you are working with. Now push your energy from your power hand, through the Chakra, and out into your receiving hand.

As the energy collects in your receiving hand your palm will start to get heavy, or tingly or both. This is the discordant energy that you are feeling. Collect this energy in your receiving palm and throw the energy down into the Earth as many times as you feel the need to, until the energy turns into a warm vibration or hum. When you feel the Vibrational energy, this means that the Chakra is cleansed, ready to be opened, and the energy field expanded.

To open the Lotus flower and expand the energy field, visualize the energy of the Chakra filling up your whole field of vision. If you only see it on one side first, that's okay. Just have the energy fill the side that you see it on first, and when that is done, let the energy slide over to the other side until it completely fills your whole vision. If you are having difficulty expanding your energy field, then here is an exercise to help you:

*Place your hands in front of you, six inches out from the Chakra being used. The palms facing each other fingers together pointing up, with the palms five inches apart. Move your hands up toward your head (visualize the energy being pulled up by your palms). Once your hands pass the top of your head, shoot your arms straight up, arc your arms out and down your sides and bring your hands

together in your lap. When your hands come to your lap, the fingers should be together, palms up, sides of hands touching. Repeat this exercise as many times as needed to stimulate the opening of the Lotus flower (I have found that three times, increasing the intensity each time to be sufficient).*

Now that your Chakra Centre is stimulated and opened, you can expand the energy out and around to completely fill your vision. Once you have achieved this state of the Chakral energy filling your field of vision, you have then successfully cleaned, opened and balanced your Chakra. Now you should become one with the energy, thereby gaining control of the Chakra. When you have done this, you will feel a deep sense of calmness and confidence.

You and your Chakra are now balanced and you can end the meditation when desired.

Remember that before you come out of the meditation to close the Chakra until it is emitting just enough energy for normal everyday use. To do this just visualize the petals of the Lotus flower closing in upon themselves with the intent of allowing the Chakra to emit the proper amount of energy that you need for every day use. Now once you are out of the meditative state the Chakra will be automatically functioning in a balanced and harmonious state for you.

Now that your red Root Chakra is balanced, you can move on to the orange four petalled Reproductive Chakra, then the Solar Plexus Chakra and so on to the Crown Chakra. Once all the Chakras are cleaned, balanced

and under your control, you can then move on to join them together and balance your whole Chakra system (which will in turn balance your energy shell/Aura).

Intent is action/movement without control by conscious thought (action as opposed to reaction). Visualization is the same as seeing, but seeing through your mind and not your eyes.

Now The Light Is Shown,
To Bring Seven To The Known.
Like A Whirlpool Of Energy
Opening Into Its Centre,
A Lotus Flower Blooms Like
A Spiritual Elixir.
As Your Light Is Brightened,
The Petals Stretch,
Your Senses Heightened.
Now The Lotus Blossom's Bloom Is Full,
Your Light is Endless Around All You See.
Like A Leaf Undisturbed
On A Tranquil Lake,
You Float On Unto Eternity.

CHAPTER IV

Joining Chakras, Harmonizing Energy Shell

Once you have cleaned, balanced and have become one with all of your Chakras, you can join them and bring your energy field (Aura) into a balanced and harmonious state.

To do this you must first go into your meditative state, then you open your red Root Chakra and fill your vision with its energy. Once you have done this, you go to the Reproductive Chakra and bring the orange energies out. Once you have the orange Chakral energies activated, you move on to the yellow Solar Plexus Chakral energies. Continue on with the other Chakras, bringing their respective energies out in turn. When you have the orchid Crown Chakra energies activated, you can then join all the Chakra energies together. For this, visualize all of the Chakra energies joining together and turning into a pure bright golden colour. If you are having trouble in visualizing any of the Chakral energies, refer back to the exercises for opening and stimulating the Chakra energies.

When the golden energies appear, you then expand it out and around your whole body.

Remember the energies go up the centre of your body, past the top of your head, down your sides, to below your feet and back up your centre (middle) pillar. Once the energy is expanded all around you, then your energy shell and Chakras are balanced and in perfect harmony with your physical being.

To strengthen your Aura, visualize the golden energies speeding up until the energy is a brilliant pure gold with an inner glow to it. Once you achieve this state, hold the energies at this level with the intent of strengthening your Aura while your Chakras and physical body remains balanced. When you have strengthened the Aura to the point where you are completely relaxed, but empowered, then it's time to come out of your meditative state. Remember to close the Chakras until they are operating at a normal rate.

If you don't get the golden energies on the first try, that's okay; try again the next night.

When you do achieve the golden energies, continue every night until the inner peace that you feel during your meditation is felt all of the time. This whole process (from opening the Root Chakra to balancing your Aura) should take from eight to fourteen days, which is why I recommend setting the same hour aside every day or night for the first two weeks.

Side effects like perspiring or shaking or vibrating during meditations is okay. It just means that you have entered into a certain level of meditative energy and just continue on with the meditation practices.

A Rainbow Of Energy Can Be Seen,
When The Primordial Fire Pierces The Orange Moon's Beam.
As The Bright Yellow Sun Dawns, The Green Of Venus' Love Spawns The Bluest Sea Of Tranquility.
Onward Flows The Indigo Night That Your Minds Eye Can Perceive.
A Transcendent Spiral Way, illuminates An Orchid Lotus, That Blossoms Unto An Everlasting Day.
All This Is Yours To Mould, To Be Seen As The Prismatic Gold.
A Rainbow Of Energy To Perceive, For Those Who Practice, And Believe.

CHAPTER V

Raising Energies for Practical Use (Body, Mind, Spirit)

Once you have gained proficiency in balancing your Chakras and strengthening your Aura you can use these techniques to raise energy for a variety of uses. Three areas will be described here, one example for each of the following, body, mind and spirit. If you wish to raise energy for any of these, you must first decide which one you want to do and only do one area at a time. Then once you have achieved the desired results, you can move on to the next area you wish to improve.

First go into your meditative state, balance and join your Chakras together, expand your golden Aura, and fully visualize your energy field. Notice how fast your energy is moving, the direction of the energy flow, down the front of the spine, and up the back of your spine and also feel the intensity of the energy.

Next, visualize the energies speeding up (empower this with your Intent) and doubling in intensity. Once you reach this step, you double the energies again. Continue to double the energies another four times (do not increase the energy until you are balanced at the level that you are in), for a total of six increases. You have now reached a highly empowered meditative state.

Once you have reached this higher meditative state, settle in at this level by keeping the energy up to this rate and become One until you are totally empowered and relaxed. When you have become One with the energies at

this new level, you should then have a sense of empowered/serene confidence.

A) If you are raising the energy to improve your metabolism by stimulating your Thyroid gland (which is the focal point for the fifth Chakra and is located in your throat), and stimulate weight loss, then before you go into the meditation have a realistic goal in mind. If you wish to go to too low of a weight, it WILL have DIRE consequences and could take up to a year for your body to come up to its proper weight.

Now that you have your energy body operating at the higher rate, and you have the intent of your metabolism improving, then visualize the excess body weight and mass melting away until you are the size and weight that you wish to be. Still do the meditations for one hour and continue every night until you have reached your desired results.

Once you have reached your goal, there is no longer a need to do the meditations every night.

With normal daily activities your weight will settle in to where it is best for your size. If you find the weight coming back on, do this meditation again for a couple of nights until you get back to where you wish to be.

B) If you are raising the energy to improve your memory, the technique is basically the same except for intent and visualization.

Your intent will be to improve your memory by enhancing your short and long-term memory cells while

stimulating the electrical impulses between the left and the right hemispheres of the brain. With the energy that you have raised boosting the electrical impulses of the brain , your intent of enhancing your memory will direct the energy to all of your memory cells which are located throughout the brain.

The visualization for this meditation will be to travel to a place that most people would not believe could exist. It is called the Akashic Records and it exists on the Astral Plane of the Universe.

Once you feel that the energy you have raised has sufficiently stimulated and joined both sides of your brain (you will feel the sense of inner strength and a tingling through out your head) then you must have the intent of going to the Akashic Records. You will then have a sense of floating upwards through a mist and soon the mist will open up to a staircase. You will go up the staircase (walking but not walking, more like floating with intent) and when you get to the top of the stairs you will be in front of a building that is so large, it extends as far as you can see.

You go up to the door and as it opens for you glide in effortlessly into the main hall. As you look around, you can see many hallways and stairways going in all directions. You now state the question that you wish to improve your memory by first remembering all the events that have occurred in your life so far. As you are stating your question you will instinctively know which way to go. Continue to repeat your question as you glide through the corridors and soon you will come to a room that is lined with full bookshelves. Enter the room, repeat your

question again, you will then sense which book you are looking for.

Open the book, read what you wish about your life, then return the book to its place in the bookshelf. When you are done, just turn around and leave; you'll know which way to go.

When you leave the building, you'll see the stairway descending into the mist, just glide down into the mist and let your mind float down back into your body. As your body slowly falls, you will sense the natural heaviness of your body returning. Now come out of your meditation and just sit back and remember what you have read. If you are still unsure that what you have read really happened, then ask somebody in your family who could possibly know.

Now, whenever you feel the need you can go back to the Akashic Records and find more answers to your questions. Remember the Akashic Records contain ALL knowledge, past, present and future. But remember also the law of Karma, if you use the information for evil or for the wrong reasons, Karma will deal the justice back to you quickly and harshly.

C) If you are raising your energy for a higher or stronger Spiritual connection, the technique is again basically the same as example A, but with a variation in your intent and visualization.

Your intent will be for contact with the Divine Godhead, or with whatever you consider to represent ultimate Divinity. Your visualization will be of the energy

that you have raised shooting up from your Crown Chakra, and connecting with your Spirit Chakra which is located approximately one arms length above your head and is a brilliant white, one-thousand and one petalled Lotus flower (the number one thousand and one refers to an infinite amount, rather then an actual amount).

When you have connected with the Spirit Chakra, visualize your whole body wrapped in the brilliant white light, and then the light opening up to an ultimately serene/tranquil garden. When you are there, just relax and open yourself up to the Divine energies. Don't expect vocal communication right away, but more of a feeling of Divine tranquility and peacefulness.

If, while in this state, you are visited by Angelic beings, don't be alarmed, just relax and listen to their message. Not everyone will be visited directly, it takes longer for most people to achieve this and some people never are visited directly.

As with the other meditations, continue on until you have reached your desired results.

Don't forget to close your Chakras (so they are operating at a normal level) before you end every meditation. If you don't, you can receive an abundance of energy from the people around you and the situations that you encounter. This will create problems for you as you will be not only receiving positive energies, but negative energies as well . Also remember that if you are visited by any Beings always ask their name, the beneficial ones will tell you, malevolent ones won’t.

The Serpent Fire, Kundalini

This is the Primal Universal Life Force Energies, which are pure procreative and creative energies, (and are also very sexual energies). This energy is also known as the Serpent Fire, The Serpent Goddess, The Goddess Kundalini; this is also quite possibly the Serpent that some religions have deemed evil in the last couple of millennium. The Kundalini is also the energy (when sufficiently raised and maintained) which can transform humans into Gods.

The Kundalini is perceived as a serpent coiled three and a half times around base of spine, beginning and ending in itself like a snake with its tail in its mouth. When the Kundalini is stimulated, it rises up from the perineum, through the Sushumna, straight up spine and connects directly to Crown Chakra.

As the Kundalini rises, there are three Granthis (hymen like knots) that the Kundalini must break through as it rises to the Crown Chakra. These Granthis are located in the Root Chakra, the Heart Chakra and the Third Eye Chakra.

When the Kundalini is stimulated, you will feel as it rises, a sensation of burning up the spine, rising heat around the ears and head. Your heart rate will speed up and your breathing will become quick and shallow. Also you may hear an increasing intensely loud buzzing or humming which is increased greatly when the Kundalini is breaking through the Granthis.

When the Kundalini breaks though the Granthis, you will reach a state of trance called Dhyana in which your awareness is greatly increased and something totally unexplainable happens in a lucidly "real" way. Dhyana can occur in a meditative trace, or spontaneously in the wake world. Although a blackout can quite possibly occur in either if the Kundalini is raised higher than your control level (it is a desired effect when stimulating the Kundalini to its highest aspects).

With practice that level can be greatly raised and sustained to raise the Kundalini to the Crown Chakra and when you unite with the two, you will reach the trance called Samadhi which is the point of union with your Godhead and annihilation of the self.

One way to stimulate the Kundalini is by Tantric meditations, as with a partner, another is in solo meditations. Although sometimes just being next to someone whose Kundalini is raised, or by an unexpected intense physical/mental stimulation/trauma, can spontaneously stimulate your Kundalini to rise.

Even though you can practice stimulating the Kundalini anytime, it helps if you have a good level of control over the Chakras and Energy Body to fully experience all that Kundalini has to offer.

Once you have united your energies, (or with a partner when the two of you have joined your energy), use the sexual stimulation to further enhance the golden level energy state.

Now you have all the information that you need to make these meditations a success for you. The more you work with the Energy Body, Chakras and Universal energies; the more you will learn and the better you will be able to utilize the energy for a positive outcome. Also, these meditations are very compatible with other meditation techniques, so don't worry about adding them to others or vice versa.

Always remember; that that which is above, is just like that which is below.

A Transcendent Way
To The Brilliant White Sun.
A Brand New Day,
Shows How The Body May Be Won.
The Minds Eye Illuminates A Ray
That Shows Eternity As A Pun.
So When You Hear The Divine Say,
Then All You Know Can Be Done.

AUTHOR’S NOTE

Do what thou wilt shall be the whole of the Law.

This is just a short biography about how the meditation practices in this book came to be and the relevant previous experience that I had.

While I was growing up, I always had the feeling that there was a connection of some kind between people and animals, plants and birds. That some people just 'feel' things, or 'see' things, or 'just know' things, I felt just wasn't a coincidence. That somehow there was a common link with everything in the Universe.

So it was that I read many different books that I came across on the relations between humans and all the animals, birds, plants, etc that they lived around, (fact, fiction, myth or legend what ever was available to me). I soon realized that this connection was a common link with all people and the rest of the Universe; and subsequently that it was felt and utilized by many different people in the present and the past all over the World.

Soon after this I concentrated my reading preference and curiosity, into three distinct areas; Physical, Universal, and Religious/Spiritual. By my mid-teens I had a strong belief that everything in the Universe was made of energy and connected to everything. Also I felt that many people have been able to and still do, feel and work with these energies in a variety of ways.

During the early eighties I read a few books about Transcendental Meditation and practiced a couple of the

techniques that I came upon and achieved some degree of success. When I started, I had intensely tangible dreams; the smell of the air, the feel of the wind, the sense of height and depth, just as real as a 'normal' consciously awake state.

Also I had a few successful meditations; one was flying around the Skylon Tower in Niagara Falls, Ontario; another was of flying over and around the brink of the Falls. A third was of raising up out of my body, continuing up to the sky, through the clouds and out into space to the stars. During these meditations there was always a silver cord attached to me and my body, which I used to come back into my body.

I renewed interest in the interrelations of the subtle energies of the body and the Universe during the spring of 1994. In the fall of the same year I started a six month series of meditation and energy practice techniques to learn about the energies of which our universe is constituted of, also of the physical body and how the two interact with each other, (to find a natural way to alleviate the physical and emotional stress I was under at the time).

I started with some Tibetan meditations from the 'Bardol Thotrol' (Tibetan Book of the Dead), and developed the Chakra techniques outlined in this book with help from Spirit Guides that I had connected with earlier in the year. These techniques were used as the basis for the exercises I did for the remainder of the six-month period.

During this time as I reduced and eliminated all of the stressful energies around me, I also experienced many astral visions, tangible (lucid) dreams, physical manifestations of astral and aetheric energies (some aspects were witnessed by other people), plus my intuition, awareness, and psychic energies were greatly heightened.

I first directed my intent to harmonize the energies of my body (this included the Light Body, Energy Body, and Physical Body of which our physical Being is comprised of). I drastically changed my physical body by concentrating my energies on the fifth Chakra to improve my metabolic rate through the Thyroid and Parathyroid glands (I ended up losing 66 lbs. in 6 weeks, brought my blood pressure back down to normal, stopped the migraine headaches and had no adverse effects). At the end of the 6-week meditation I discontinued that aspect and moved on to others.

This is just one example that a working knowledge of the subtle energies of the Universe; and of those centres in the human body which interact with those energies; can form a strong basis with which we can seriously alter or enhance our bodies and our surroundings and to be able to live as we wish in harmony with all energies.

Also note that throughout all these practices, I was always the skeptic. I would check, double-check and test what I had experienced; I would ask the name and questioned all communicative Beings that I encountered, (and quickly learned that the ones that gave a name readily where truly unconditionally beneficial, and the ones that didn't where ultimately malignant); and I have since

gained a strong respect for the 'realness' of the unseen, and of the oneness of the Universe.

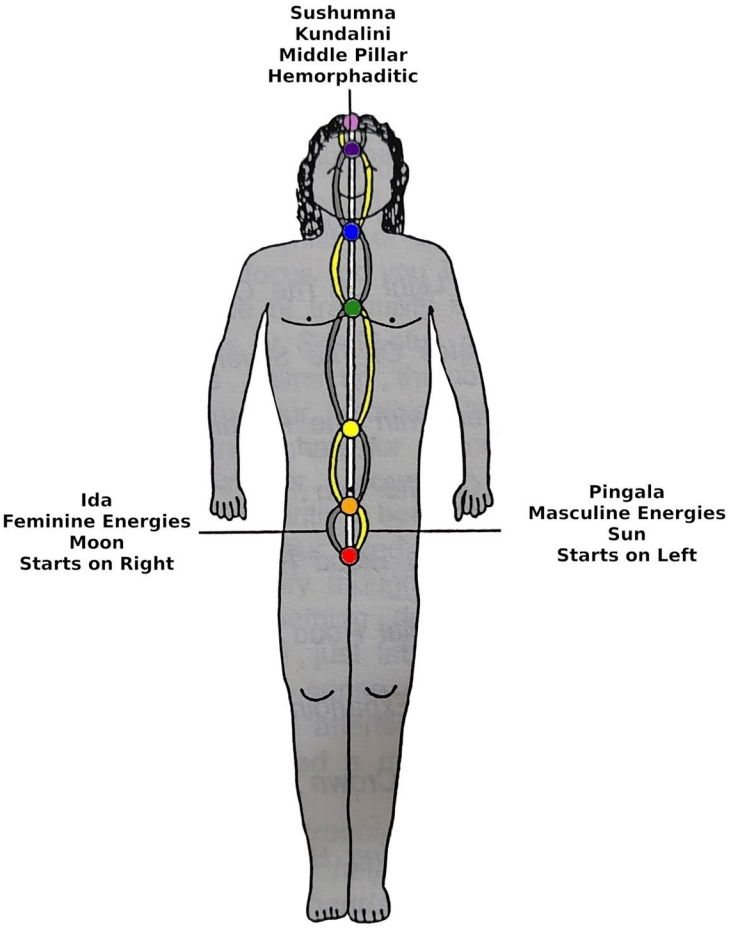
So I recommended to all who read this book, be the skeptic; don't take my word that these meditations work, test them yourself. But remember, as in all aspects of life, if certain steps are taken, then certain results are likely to occur.

m.j. wilkes
Sun in Aries ~ Moon in Taurus
Vernal Equinox 1999
Nanaimo, B.C.

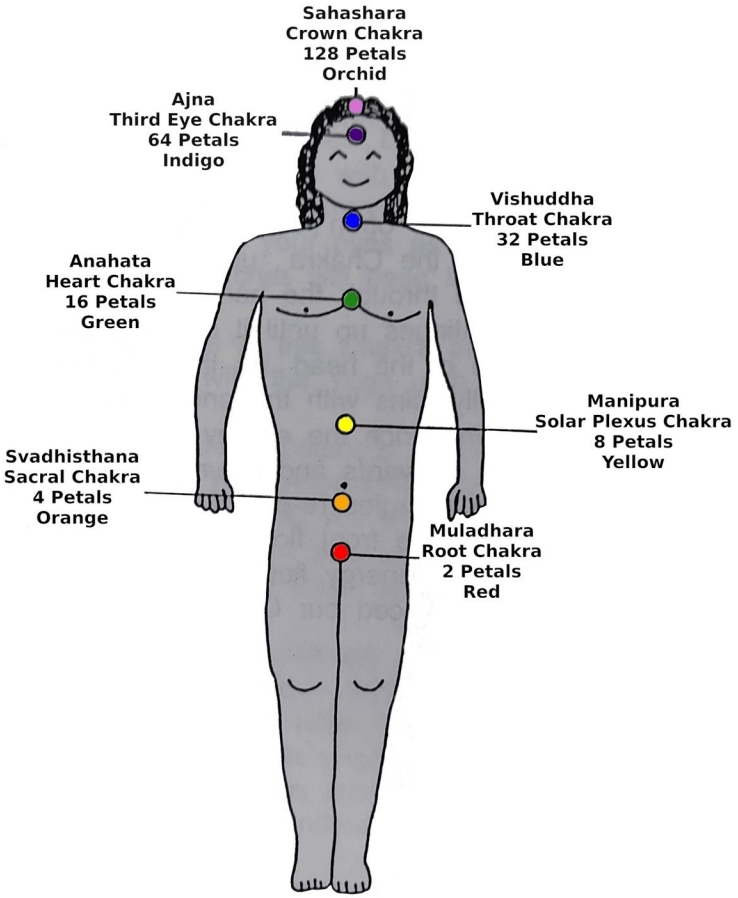
Love is the law, love under will.

ILLUSTRATIONS

Three Columns of Energy



The Seven Chakras



SELECTED GLOSSARY

Ajna: Sanskrit name for the Third Eye Chakra. This Chakra has 64 petals, the colour is indigo, and is attributed to the Pineal gland (it is called the Third Eye because it is connected to the 'eyes' by the optic nerves). This Chakra is also our strongest for psychic awareness.

Anahata: Sanskrit name for the Heart Chakra. This Chakra has 32 petals, is the colour green, and is where the lower will is united with the higher Will.

Aura: The energy field surrounding the physical body comprising of three levels.

Bhakti Yoga: Union by Love. The discipline of uniting with a Godhead so completely as to destroy the lower ego. This is done by complete and total devotion (through meditation) to a specific Deity so that the Godform is manifested and the ego dissolves.

Bindu: The point representing the Infinitely Small. The Seed or Spermatozoon. When used it is located in the centre of a Mandala or Yantra.

Chakra: An energy centre located in the Energy Body of a conscious being. As the energy moves through the Chakra an intertwining coil is formed, with the receiving energy coming in the back, and the projecting energy out the front of the body; and when seen has been described as a Lotus Flower, or a spinning vortex, or a wheel. Each Chakra has a specific energy pattern/frequency that it manifests at; this is what gives the different numbers of petals, colours, and numerous other distinctions.

Granthis: Knots located in the Sushumna that the Kundalini Serpent must break through as it rises to connect with the Crown Chakra. The Granthis are located only in the Root, Heart, and Third Eye Chakras. In human anatomy the Granthis is comparable to the Hymen.

Gunas: Sanskrit word representing the three "principles" of creation of which the Universe is composed. The three "principles" are 'Tamas', 'Rajas', and 'Samas', whose Alchemical comparison would be Salt, Sulphur, and Mercury.

Hatha Yoga: Union by Courage. The discipline of utilizing and controlling the vital energy of the body to maintain health and stability of the body. This is done with physical exercise and meditation.

Ida: Feminine aspect of the energy emanating from the Perineum which starts on the right side of the body. Also described as receptive and associated with the Moon.

Jnana Yoga: Union through Wisdom. The discipline of uniting with the Universal Consciousness and learning the wisdom to be gained therein. This is done in silent meditation by raising the Kundalini to the Crown Chakra and then extending the Crown to the Spirit Chakra.

Karma Yoga: Union by Work. The discipline of self-transcending action. This is done by exercising concentrated control by the mind over the body, so the body always ACTS and never REACTS.

Kundalini: The Serpent Fire, the Goddess of Creation, Magickal Energy, the pure Qadash Fire energies, which

emanate from the perineum and rises straight up the spine through the Sushumna and connects directly to the Crown Chakra.

Mandala: A combination of Deities or their symbols arranged into the form of a magickal circle (usually) radiating out from a Bindu, so as to express the energy pattern of the Deities desired.

Manipura: Sanskrit name for the Solar Plexus Chakra. This Chakra has 8 petals, is the colour yellow/gold, and is where we direct our Will and Personal Power from.

Mantra Yoga: Union through Sound. The discipline of eliminating distractions of the mind by repeating a chant, verse, or phrase until the mind is perfectly still. Ideally an Mantra should flow smoothly, either rhythmically or musically.

Mulahadhara: Sanskrit name for the Root Chakra. This Chakra has 2 petals, is the colour red, and is the gateway and connection to the pure energies of Being.

Perineum: Energy centre on the body found between the anus and genitals through which the Sushumna, Ida, and Pingala channels emanate.

Pingala: Masculine aspect of the energy emanating from the Perineum which starts on the left side of the body. Also described as projective and associated with the Sun.

Plasma: The colourless fluid part of the blood in which the red and white blood cells are suspended.

Rajas: Sulphur, active, excitable, fierce. Chakras; Solar, Heart, and Throat.

Sahasrara: Sanskrit name for the Crown Chakra. This Chakra has 128 petals, is the colour orchid, and is our connection to the Godhead, and is usually shown as a crown of swirls or flames, as a crown with a torch on top, or as an erect Cobra's head.

Sanskrit: Ancient language of the Buddhists and Hindus of India.

Sattvas: Mercury, equable, calm, clear. Chakras; Heart, Third Eye, and Crown.

Sigil: The name of a Deity or Energy Force drawn in a geometric shape.

Storax: The Storax tree is a small deciduous tree with drooping clusters (3 – 6) of white flowers and is native to the Mediterranean region. The aromatic gum is obtained by making a small incision in the trunk of the Storax tree. Also known as Liquid Amber.

Sushumna: The central channel emanating from the Perineum through which the Kundalini rises to connect with the Crown Chakra.

Svadhisthana: Sanskrit name for the Pancreas Chakra. This Chakra has 4 petals, is the colour orange, the base of our emotions, and where we balance the masculine and feminine energies of the body.

Tamas: Salt, thick, sluggish, heavy, dark. Chakras; Root and Pancreas.

Tantric Yoga: Union of Opposites. The discipline of uniting the female and male energies using the Kundalini. This is done by uniting yourself through meditation or Tantric exercises.

Vishuddha: Sanskrit name for the Throat Chakra. This Chakra has 32 petals, is the colour blue, and is the connection to psychic communication energies.

Yantra Yoga: Union through Symbol. The discipline of focusing and concentrating the mind onto a specific symbol, mandala, or sigil. The Yantra is usually of a geometric pattern set inside a circle radiating out from a Bindu, and representing the energies of the Universe or of a specific Deity.

Yoga: Union with Pure Being. The word Yoga is frequently used to classify various exercises by which the state of Yoga may be achieved.

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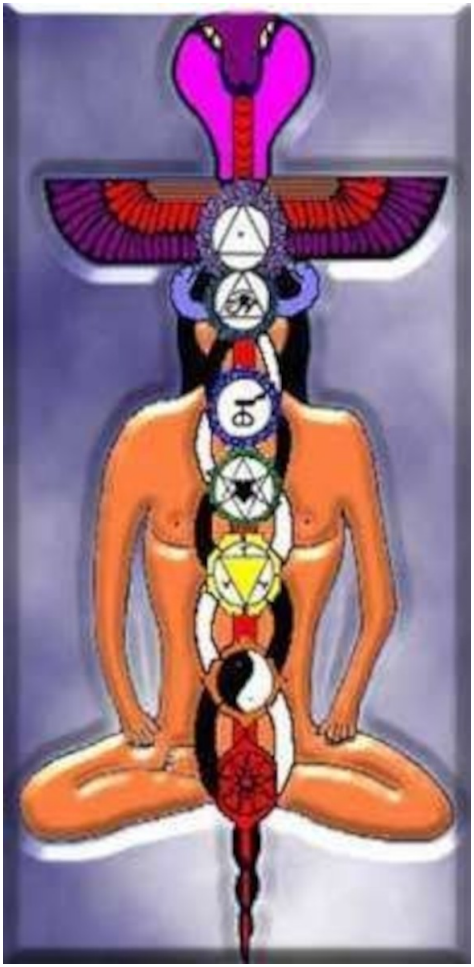
English Name	Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Sanskrit Name	Muladhara	Svadhisthana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Colour	Red	Orange	Yellow	Green	Blue	Indigo	Orchid
# of Petals	2	4	8	16	32	64	128
Planet	Moon	Mercury/Venus	Sol	Mars, Jupiter	Uranus	Saturn, Neptune	Pluto
Mantra	Lam	Vam	Ram	Yam	Ham	Om	Silence
Metals	Silver	Mercury, copper	Gold	Iron, Tin	Meteorite	Lead, Abalone	White Gold
Incense	Jasmine	Rose	Olibanum	Cedar	Frankincense	Myrrh, Musk	Lotus
Yoga Path	Hatha	Tantric	Karma	Bhakti	Mantra	Yantra	Jnana
Tarot Suit	Disks	Cups	Wands	Swords	Court Cards	Trumps	All Cards
Energy State	Solid	Liquid	Plasma	Gas	Vibration	Image	Information
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Gunas	Tamas	Tamas	Rajas	Rajas, Sattvas	Rajas	Sattvas	Sattvas
Alchemical	Salt	Salt	Sulphur	Mercury	Sulphur	Mercury	Mercury
Granthis	X			X		X	
Crystals	Quartz	Opal, emerald	Topaz	Jasper	Lapis Lazuli	Star Sapphire	Diamond
Transcendental Morality	Independence	Truthfulness	Devotion to Great Work	Energy, Obedience	Truthful Communication	Silence, Devotion	Attainment



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